



The Juice Cleanse Reset Diet: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline

Lori Kenyon Farley, Marra St. Clair

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A groundbreaking 7-day diet based on the popular Ritual Juice Cleanse, which resets the system by clearing the body of toxins and acidity to reduce cravings and promote lasting weight loss and improved overall health.

Before any long-term diet and exercise program can work, we must "reset" our bodies to clear the toxins and acidity that cause cravings and prevent us from absorbing key nutrients. In just one week, *The Juice Cleanse Reset Diet* prepares the body for weight loss with a series of cleansing juices and then integrates healthy meals and fitness tips to free us of the bad habits that sabotage our health goals. Followed by stars like Kris Jenner, Charlie Sheen, and Kim Kardashian--who used it to prepare for her wedding--this simple and easy program first identifies what type of cleanse we need based on our individual eating and drinking habits and then presents 60 recipes for cleansing and eating our way to optimal health.

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